

Families Making the Connection

Learning Connection

Kids who attend healthy schools have fewer absences, higher academic achievement and self-esteem and are more likely to graduate from high school. Does your child's school...


- Offer only healthy food and beverages in conjunction with quality nutrition education?
- Serve daily, nutritious school meals?
- Offer physical activity to all students?
- Offer daily PE?
- Have an existing school health team that ensures student health is a priority?
- Do everything it can do to make sure kids are healthy and ready to learn?

If you answered no to any of these questions, please know guidance and resources are available to help. You can make a difference. Each one of us can help improve the eating and activity habits of students in this country and, in the process, improve their health so they can succeed in school and in life. Visit www.actionforhealthykids.org for resources and more info about the learning connection.

It is a goal of the North Carolina State Board of Education that public school students be healthy and responsible. The State Board recently updated the *Healthy Active Children Policy* to address coordinated school health, local wellness policy, physical activity and education, and nutrition education and the school nutrition environment. Fit, healthy students are ready to learn. Find more info and resources at www.ncpublicschools.org.

Menus for July 2015

[Insert name of Local Education Agency] Elementary Schools

		Wednesday, July 1	Thursday, July 2	Friday, July 3
				
Monday, July 6	Tuesday, July 7	Wednesday, July 8	Thursday, July 9	Friday, July 10
Monday, July 13	Tuesday, July 14	Wednesday, July 15	Thursday, July 16	Friday, July 17
Monday, July 20	Tuesday, July 21	Wednesday, July 22	Thursday, July 23	Friday, July 24
Monday, July 27	Tuesday, July 28	Wednesday, July 29	Thursday, July 30	Friday, July 31

July

- National Blueberries Month
- Peach Month
- National Parks and Recreation Month
- National Watermelon Month



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>